



Statistics Report 09200, Oranges, raw, all commercial varieties

Report Date: June 30, 2017 16:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	86.75	88	0.121	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.94	69	0.014	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.12	4	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.44	70	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	11.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	2.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sugars, total	g	9.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.10	64	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	10	212	0.171	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	14	68	0.439	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	181	180	1.408	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	0	72	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.045	64	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.025	64	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.5	5	0.210	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	53.2	145	0.718	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.087	148	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.282	145	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.060	100	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	30	154	0.808	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	30	154	0.808	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	8.4	--	--	--	--	--	--	--	--	Calculated or imputed	09202	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 1 2 3	µg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2 3	µg	71	55	22.319	40	237	2.0	-24.958	167.101	3	Analytical or derived from analytical	--	05/2003
Carotene, alpha 1 2 3	µg	11	55	5.836	0	20	2.0	-13.855	36.362	3	Analytical or derived from analytical	--	05/2003
Cryptoxanthin, beta 2 3	µg	116	7	5.875	83	148	1.0	41.476	190.774	2	Analytical or derived from analytical	--	05/2003
Vitamin A, IU 1 2 3	IU	225	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Lycopene 2 3	µg	0	7	0.000	0	0	--	--	--	--	Analytical or derived from analytical	--	05/2003
Lutein + zeaxanthin 2 3	µg	129	7	57.550	54	187	1.0	-601.792	860.692	2	Analytical or derived from analytical	--	05/2003
Vitamin E (alpha-tocopherol) 3 4 5	mg	0.18	4	0.033	0.14	0.25	2.0	0.04	0.327	3	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 3 4 6 7	µg	0.0	10	0.029	0	0.1	3.0	-0.042	0.142	4	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total monounsaturated	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan	g	0.009	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Threonine	g	0.015	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.025	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.023	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.047	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine	g	0.020	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Cystine	g	0.010	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.031	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Tyrosine	g	0.016	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Valine	g	0.040	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Arginine	g	0.065	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Histidine	g	0.018	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Alanine	g	0.050	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Aspartic acid	g	0.114	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Glutamic acid	g	0.094	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine	g	0.094	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Proline	g	0.046	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Serine	g	0.032	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Flavan-3-ols													
(+)-Catechin ¹⁰	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin ¹⁰	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin ¹⁰	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate ¹⁰	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate ¹⁰	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ¹⁰	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin ^{11 12 13 14 15 16}	mg	27.2	--	4.33	11.74	47.09	--	--	--	--	--	--	--
Naringenin ^{11 12 13 14 15 16}	mg	15.3	--	1.76	3.65	45.42	--	--	--	--	--	--	--
Flavones													
Apigenin ^{13 17 18}	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin ^{13 17 18 19}	mg	0.2	--	0.05	0	1.5	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{13 17 18 19 20}	mg	0.1	--	0.13	0	3.15	--	--	--	--	--	--	--
Myricetin ^{13 17 18 19 20}	mg	0.1	--	0.1	0	2.19	--	--	--	--	--	--	--
Quercetin ^{11 13 17 18 19 20}	mg	0.5	--	0.02	0	1.75	--	--	--	--	--	--	--
Isoflavones													
Daidzein ^{21 22}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ^{21 22}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ^{21 22}	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ^{8 9}	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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